

## FRAGRANT SPANISH STYLE RICE

with Yellow Pepper, Chicken and Chorizo



A survey showed that 42% of people in the UK couldn't live without this little sausage!





Chicken Stock Powder

**Echalion Shallot** 



Diced Chorizo





Smoked Paprika





Arborio Rice



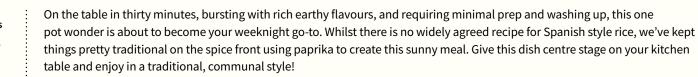
Yellow Pepper

Flat Leaf Parsley

30 mins 1 of your 5 a day

MEAL BAG

• <u>6</u>









Our fruit and veggies need a little wash before you use them! Make sure you've got a Measuring Jug, Fine Grater (or Garlic Press) and Wide Bottomed Saucepan (with a Lid). Now, let's get cooking!

## 2 - 4 PEOPLE INGREDIENTS In order of use



## MAKE THE STOCK

Boil your kettle and pour the boiling **water** (see ingredients for amount) into a measuring jug. Add the **stock powder** and stir until dissolved - chicken stock made! Halve, peel and thinly slice the **shallot**.



## BROWN THE CHICKEN

Heat a drizzle of **oil** in a wide bottomed saucepan on medium-high heat. Add the **chicken** and **chorizo** to the pan, stir and cook until the **chicken** is nicely browned all over, 5 mins. When the **chicken** is browned, add the **shallot**, stir and cook for 3 mins more.



**3** SIMMER THE SPANISH RICE Next add the red wine vinegar, smoked paprika and the arborio rice. Stir well to make sure the rice is coated in the fragrant oil. Allow the vinegar to evaporate, then pour in the chicken stock, stir together and bring to the boil. Season with a pinch of salt and pepper. Pop the lid on ( or use some foil) and reduce the heat to medium. Leave the rice to gently simmer, 7-8 mins.

	2P	3P	4P	
Water*	400ml	600ml	800ml	
Chicken Stock Powder	1 sachet	1½ sachet	2 sachets	
Echalion Shallot 🚸	1	2	2	
Diced Chicken Thigh 🚸	280g	420g	560g	
Diced Chorizo 🚸	60g	90g	120g	
Red Wine Vinegar 14)	1 sachet	2 sachets	2 sachets	
Smoked Paprika	1 small pot	¾ large pot	1 large pot	
Arborio Rice	175g	260g	350g	
Green Beans 🚸	1 small pack	1 large pack	2 small packs	
Yellow Pepper 🚸	1	2	2	
Flat Leaf Parsley 🚸	1 bunch	1 bunch	1 bunch	

\*Not Included 🚸 Store in the Fridge

PER SERVING 460G	PER 100G
3125/ 747	680/162
24	5
7	1
77	17
7	1
57	12
2.49	0.54
	460G 3125/747 24 7 77 77 57

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

14) Sulphites

S Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat ! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.



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4 PREP THE REST Meanwhile, do any washing up that needs doing and then finish off the last few bits of prep. Trim the green beans and chop into thirds. Halve the pepper then remove the core and seeds. Slice into thin strips. Roughly chop the flat leaf parsley (stalks and all).



**5** FINISHING TOUCHES After 7 mins, add the **pepper** and **green beans** to the pan, on top of the **rice** (do not stir!), then quickly pop the lid (or foil) back on. Reduce the heat to medium-low and cook for another 10-12 mins. The **rice** is cooked when all of the **stock** has been absorbed. **1** *IMPORTANT:* The chicken is cooked when it is no longer pink in the middle.



**6** SERVE Taste the Spanish style rice and add more salt and pepper if needed. Stir through the parsley and serve in deep bowls. Enjoy!